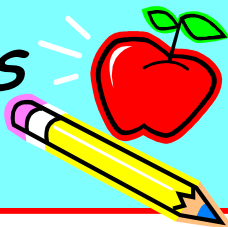




## COUNSELOR'S CORNER



St. Leo the Great  
Catholic School

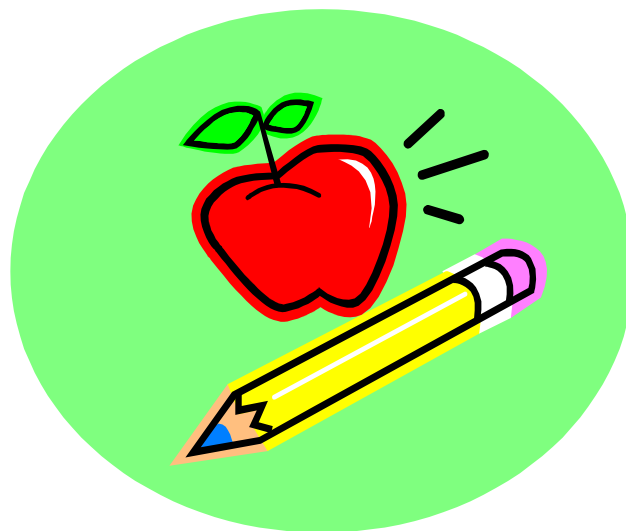
September 2010

# Welcome Back to School!

## CARE: Virtues Program

CARE stands for Christian Awareness of Respect for Everyone. The CARE Program will continue this year focusing on our monthly virtues through integrated classroom curriculum, special activities, and classroom guidance lessons.

Look for more tips and suggestions on how to incorporate our virtues into your family routine!



## Help Your Child Get (and Stay) Organized This Year

It's the beginning of a new school year and it's the perfect time to start the steps to success. Help your child get off to a good start with these tips:

- **Get a head start.** Getting school materials organized at night helps to prevent the morning "rush hour". Help your child pack his/her backpack, check for homework completion, pack and refrigerate lunches, agree on outfits, and set backpacks by the door.
- **Establish sleep routines.** Choose reasonable bedtimes so everyone is rested. Help your child learn to use an alarm clock and teach them the responsibility of setting it and getting up when it goes off.
- **Develop morning habits.** If your child does the same things – in the same order – each morning, it is less likely that he/she will forget a step.
- **Choose a homework time.** With your child, pick a time when he/she will have the most energy and motivation to complete assignments. Create a designated study spot, complete with all necessary supplies, where homework can be completed at the same time each day.
- **Use organizational tools.** Check your child's assignment book nightly and review upcoming assignments, projects, or tests. Use a family calendar to keep track of family events as well as multiple children's academic responsibilities.
- **Set priorities.** Schedule things like schoolwork, family meals, and even free time on a calendar. Help your child learn time management and responsibility by sticking with his/her commitments.

## September is RESPONSIBILITY Month

### How to Build Responsibility

- **BE CLEAR.** Be certain your children understand their responsibilities. Give clear guidelines. Explain what is expected in areas, such as homework, behavior, and bedtime. Children will be more likely to act responsibly if they understand what is expected of them.
- **GIVE CHOICES.** Assign regular household responsibilities, which are done without payment.
- **ALLOW CHOICES.** Provide opportunities for children to make choices. Allow them to experience the consequences. Softening the blow of a negative consequence may remove the key lesson involved.

### Responsibility and Getting Organized

Providing routine and organization can help your child develop self-reliance and responsibility.

- **Have a place for everything.** Provide a specific location for school supplies and papers to keep track of school materials.
- **Write it down.** Use a calendar to record school activities, family events, appointments, and other dated information. Review the calendar weekly, and discuss any conflicts ahead of time.
- **Develop a system.** Does your child know what responsibilities are expected at school? Completing chores and homework by a certain time creates good work habits.
- **Praise Promptness.** Give early warnings of departures: "We'll be leaving in 10 minutes." Reward your child's promptness and responsible behavior, by leaving on time.

### Responsibility and Managing Money

- Encourage children to save a portion of money that they receive. Save together. While a parent saves for the family vacation, the child saves for a new bike.
- Allow children the opportunity to spend a portion of their money as they wish. Discourage impulse buying by having a waiting time between when money is received and when it may be spent.
- Help youngsters learn from spending mistakes. It will make them wiser consumers.
- Teach children to work. A child who puts forth effort at school and home feels a sense of accomplishment as he completes responsibilities and meets expectations.

### Responsibility and Family Meetings

- **Schedules/Plans.** Use a calendar to confirm any lessons, sports, special programs, and family events for the upcoming week.
- **Special Events.** Discuss any upcoming plans for a vacation, holiday, or birthday.
- **Progress.** Review progress of school and home responsibilities, including projects, chores, and obligations. Discuss any on-going problems and efforts toward resolving them.

### Contact Information

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